

Give Your Teeth A Rest

Snack All Day, Get Tooth Decay!



3 x 
as 1 snack
= 30 minutes of possible
tooth decay



1 x 
as 3 separate snacks
= 90 minutes of possible
tooth decay



HOW OFTEN we eat is as important as
WHAT we eat to keep our teeth healthy

The more times we eat each day = more chance for holes in our teeth

